



MAINSTREAM RESOURCES UNIT

2015 SUMMER PROGRAMS

MainStream Resources Unit offers a variety of quality recreational programs and special events for individuals of all abilities.

WEEKLY PROGRAMS

VI WEEKLY PROGRAMS

Social Hour

All Ages. What is your favorite game? Join us in this weekly program to play cards and games while socializing and meeting new friends in a fun and friendly environment.

Lindley Recreation Center

June 29 – Aug 3 Mondays 10 – 11am

Bowling

All Ages. Get ready to roll! Each participant will have the opportunity to bowl two games each session. Ramps, bumpers, and rails will be available.

Triad Lanes – Fee: \$2 per game

July 7 – Aug 4 Tuesdays 10 – 11:30am

VI OUTINGS

FISHING OUTING

June 30 10 am–12 noon
Lake Higgins

BIG BURGER SPOT & SWEET FROGS

July 8 11 am –1 pm
Wendover Ave, Greensboro

BINGO

July 22 11 am –1 pm
Fee: \$1
Peeler Recreation Center

HARBOR INN LUNCH OUTING

August 5 11 am–1 pm
Harbor Inn Seafood, Burlington NC



Session 1

June 22—July 10

Accessible Adventures

July 13—July 17

Session 2

July 20—August 7

ADA 25th Celebration

Food, Music, & Adapted Activities

Friday, July 24 2-7 pm

Triad Park, Shelter 6 & 7

9652 West Market Street, Kernersville, NC 27284

PD WEEKLY PROGRAMS

Bowling

All Ages. Get ready to show everyone your *incredi-bowl strikes*. In this weekly program we'll socialize, try to top our best scores and find adaptive equipment that enables us to be most successful.

Triad Lanes – Fee: \$2 per game

July 9 – Aug 6 Thursdays 10 – 11:30am

Chair Exercise & Strength Training

All Ages. This exercise program is designed to increase muscular strength, range of movement, and flexibility. Hand-held weights and elastic tubing are offered for resistance. Go at your own pace, high, low or just go with the flow. A strength training component is available with a trainer in the weight room.

Smith Senior Center

July 10 – Aug 7 Fridays 10 – 11am

PD OUTINGS

FISHING OUTING

June 30 10 am–12 noon
Lake Higgins

SMOKEY BONES LUNCH OUTING

July 2 11 am–12:30 pm
High Point Road, Greensboro NC

BINGO

July 22 11 am –1 pm
Fee: \$1
Peeler Recreation Center

TEX & SHIRLEY'S BRUNCH OUTING

August 13 10 am–12:30 pm
Friendly Center, Greensboro NC

FITNESS PROGRAMS

MODIFIED STRENGTH & CONDITIONING

Ages 16+. Physical activity is important for all ages and ability levels. This is a small group training session that includes a high level of coaching specific to individuals with all types of physical disabilities, that will get you fit and give independence in your life.

Griffin Recreation Center—Fee: \$25 (5 weeks); \$45 (10 weeks)

Starts June 8 Mondays, 6 pm and Saturdays, 11 am

FITNESS IN THE PARK

Join trainer Ryan Roberts for a Modified Strength and Fitness class in center city park.

Center City Park, 200 N Elm Street

June 24 & August 19 6-7 pm

MOVIE IN THE PARK



August 14

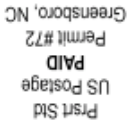
Pomona Field at Dusk

3910 Clifton Road, Greensboro NC 27407

All ages. Registration is not required.



Greensboro Parks and Recreation
MainStream Resources Unit
1001 Fourth Street
Greensboro, NC 27405
www.greensboro-nc.gov/mainstream



Contact Us:

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To register please call:
336-373-2626

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Camp Joy starts June 22nd!

NEW! Programs
Coming This Fall

- Para-Performance Training
- Jr Tracker Wheelchair Basketball
- Adapted Outdoor Adventure Day
- Veterans Paddling Group
- New Trips and Outings!

WEEKLY
PROGRAMS
BEGIN
**JUNE
29**

VI PROGRAMS		
○ Social Hour	○ Fishing Outing 6/30	○ Big Burger Spot & Sweet Frogs 7/7
○ Bowling	○ BINGO 7/22	○ Tex & Shirley's 8/13
○ Bowling	○ Chair Exercise	○ Fishing Outing 6/30
○ Modified Strength & Conditioning		
PD PROGRAMS		
FITNESS PROGRAMS		

REGISTRATION FORM

Notice: Some programs and special events have limited spaces. Registration is on a "first come, first served" basis.

Some of the MainStream Resources Unit programs listed in the flyer are suggested for certain age groups and disability classifications so the program can be geared to meet specific needs. However, we will make reasonable accommodations for any individual who desires to participate in a program not suggested for his or her age group or disability. The request must be made at least two weeks prior to beginning of the program. We also encourage family and friends to participate in our programs and other programs offered by Greensboro Parks & Recreation, when space is available. The City of Greensboro shares the goals of the Americans with Disabilities Act, which protects qualified individuals with disabilities from discrimination on the basis of disabilities and provides for equality of opportunity in the services, programs, activities and employment of the City.

PRE-REGISTRATION IS REQUIRED FOR ALL PROGRAMS

Use one form per person. Make checks payable to "City of Greensboro". Do not send fee if event indicates participant is to bring fee on day of event. **PLEASE NOTE THAT PROGRAMS FEES WILL NOT BE ACCEPTED AT A PROGRAM SITE. YOU MUST MAIL OR BRING YOUR REGISTRATION FORM AND FEE TO MAINSTREAM RESOURCES OFFICE AT 1001 FOURTH STREET, GREENSBORO, NC 27405. ONLY CHECKS OR MONEY ORDERS WILL BE ACCEPTED.**

Name _____ Age _____ Gender _____

Parent/Guardian Name (if participant is a minor) _____

Address _____ State _____ Zip _____

Home Phone _____ Cell Phone _____ Email _____

Would you like to sign up for transportation? ☐ Yes ☐ No

Selected programs offer transportation for individuals who live within City limits, based on space available.